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A BUBBA RAY KIND OF DAY

OWNER WOODY MENEER
OPENED A NEW LOCATION
OF HIS BELOVED BAR
MONDAY

PAGE 3

Pedestrian crashes steer to new heights

More than 100 people have
been hit so far this year **PAGE 4**

A reason to listen to radio again



'A big, big' move is coming, Halifax



Bruce Gorman, director of central library and regional services, looks over Spring Garden Road from the top floor of the new building on Monday. JEFF HARPER/METRO

Gonna need a huge box. Spring Garden Memorial Library getting ready to send its collection to new downtown site

STEPHANIE
TAYLOR
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The Spring Garden Memorial Library is gearing up to make a big move.

With the library's closure scheduled for the end of the month, staff are trying to figure out how to move the collection's more than 100,000 books, CDs and magazines across the street to the new Halifax Central Library, set to open this fall.

"Co-ordinating this move is a big, big job," said Bruce Gorman, director of central

library and regional services.

He said Halifax Public Libraries is currently in the process of hiring a moving management company to oversee the relocation.

Gorman said staff will be advised every step of the way, from the most effective ways to pack books into boxes, to what type of transportation will make the move as smooth as possible.

Three local companies have bid for the position, Gorman said. The job has yet to be awarded, but he hoped to make a final decision in the coming weeks.

But not all of the library's items will find a home in the 129,000-square-foot new building, he said.

The library's older chairs will be replaced by "new vibrant furniture," and nearly half of the 250 computers will be swapped out for new ones.

He said anything from the collection that is discarded will be given to the city.

People can not only expect to see an outdoor patio, music studio and auditorium hall at the new building, but also a fantastic col-



The exterior of the Halifax Central Library. JEFF HARPER/METRO

lection of books double the size of the current library, Gorman said.

All of the old library's 65 staff will also be making the move, and more still will need to be hired.

Gordon is anticipating the central library will enter into its final phase of construction some time in the next two weeks.

"The building is ready to be tested," he said, adding that crews will be examining all of the central library's operating systems and making the finishing touches during the remainder of construction.

"There is no more heavy lifting or pouring of concrete."

Quite a collection

106,136

The total collection of books, CDs, DVDs, newspapers and magazines from the Spring Garden Memorial Library.



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Waverley Road

Impaired driver crashes into parked cars: Police

Police have charged the driver of a pick-up truck with impaired driving, after he allegedly crashed into several parked vehicles on Waverley Road.

According to police, the 40-year-old Dartmouth man lost control of the truck Sunday night around the 800 block and smashed into three parked vehicles in front of a house.

Dozens of items from the truck were thrown over the road, including what police say was a firearm, with one item even smashing through the back window of a parked vehicle.

The driver suffered minor facial injuries and was taken to hospital, where he was arrested and charged with impaired driving and five weapons-related offences.

He is due in Dartmouth provincial court at a later date. **METRO**

Cape Breton

Man arrested after stabbing

A 44-year-old Glace Bay man is in hospital recovering from non-life-threatening injuries, while a Glace Bay man in his 30s has been arrested, following a stabbing in the town at a two-unit house on Monday.

"The victim and suspect are known to each other," said Desiree Vassallo, spokeswoman with the Cape Breton Regional Police Service.

She said the suspect lived at the residence in question.

CAPE BRETON POST



Woody Menear, owner of Bubba Ray's, shines up a table at the new west-end Halifax location on Monday. **JEFF HARPER/METRO**

'We're in it for the long haul'

Sports bar. Bubba Ray's opens second location in old Red Fox Bar and Grill space

The opening of the new Bubba Ray's Sports Bar off Bayers Road is something of a homecoming for owner Woody Menear and local liars.

On Monday, Bubba's unveiled a second location in the old Red Fox Bar and Grill location behind the Joseph Howe Superstore in Halifax's west end, more than four months after the Fox shut down.

"A lot of people loved the

By the numbers

38

The number of televisions in the new Bubba Ray's sports bar.

Red Fox and we're glad to fill a void in the community," Menear said Monday afternoon as regulars from the Red Fox sat among the new red tables and 38 televisions, beers in hand.

"We're hoping to be here for a very long time. We're in it for the long haul."

Menear said he had been thinking of expanding outside the Spring Garden Road loca-

tion for the past few months, and liked the idea of coming to the Fairview area where he grew up.

After getting the keys on July 1, Menear said it took six weeks of renovations to create the 240-seat space. He has hired about seven new staff members.

Although a table with plaques bearing the names of members of the Red Fox Liars' Club is no more, one member visiting the new space said pictures recording the club's various parties and get-togethers over the decades are saved in photo albums stored in a back room of Bubba Ray's.

The man, who preferred

not to give his name but goes by "Cueball," said he'd been coming to the Red Fox since 1971 when he worked for the telephone company whose office was across the parking lot. Another bar nearby was convenient but not the same, he said, while he knew everyone in Bubba's on Monday.

"We're still liars," he said with a smile. "We still come."

Menear's expansion comes at a time when many local bars and restaurants have closed, but he said their success is due to a formula of fun atmosphere, cold beer and good food.

"We're just continuing on with that legacy," Menear said.

HALEY RYAN/METRO

1 NEWS

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More than 100 pedestrians struck in 7 months: Police

Up from 2013. Cops set to release monthly analysis, including weather, location, time of day, to reduce these types of crashes



HALEY RYAN
haley.ryan@metronews.ca

Halifax police will now be releasing details about pedestrian/vehicle collisions each month. The details will include where the crash took place, when it took place and what conditions were like during the collision.

According to HRM Coun. Steve Craig, this could lead to concrete improvements for drivers and walkers.

Most incidents

27

The most incidents to occur in a single month (January).

Injuries

81%

Percentage of victims who reported not being hurt, or only slightly. Five people were seriously injured, and one person died.

RCMP

7

The number of pedestrian-collisions in the Halifax RCMP jurisdiction.

On Monday, Halifax Regional Police said, 123 victims came out of 121 reported vehicle-pedestrian collisions from January to July this year. That represents a jump from 72 incidents in 2013.

Instead of alerting the public when every single collision occurs from now on, police spokesman Const. Pierre Bourdages said serious ones will be released right away, but everything else will go into a monthly presentation.

"It's also to provide our citizens with a better understanding as to what's happening," Bourdages said.

There were 78 collisions in crosswalks this year compared to 44 last year, and 15 in parking lots within the same period for both years.

Bourdages said crosswalk incidents have been much more visible in the news this year, which could account for heightened awareness and more collisions being reported.

"It's a good thing. It allows us to switch out enforcement and monitor the right places," he said.

Reported collisions peaked between 4 and 5 p.m. followed by 6 to 8 p.m. About 52 per cent of the collisions took place during "clear weather," while 65 per cent were in daylight, so citizens can try to be more aware during those problem times, Bourdages said.

Police noted due to the small numbers of accidents, the day of the week and time of day trends "cannot be deemed statistically significant."

Craig, who represents Lower Sackville, said bringing the collision data under



The intersection at Willett and Lacewood Drive is seen on Monday. JEFF HARPER/METRO

a monthly release instead of every day is "an appropriate balance" and better use of resources.

Police could look at dangerous areas and decide if an intersection redesign, more traffic signs, education, or more enforcement is needed.

"It's analyzing the data ... and coming up with something that's actionable that improves the situation. That is what we did not have before," he said.

Willett and Lacewood

3 crashes at intersection

The intersection of Willett Street and Lacewood Drive was the only place where three pedestrians were struck by a car between January and July this year, according to police data.

Halifax Regional Police

spokesman Const. Pierre Bourdages said the busy spot next to a bus terminal has lots of pedestrians using the crosswalk and drivers traveling along Lacewood.

"It's an area where we're going to have an increased police presence to make sure that we don't have any more there," he said. Now that police are analyzing the

data they collect on these incidents, Bourdages said it will be easier to monitor any "problem areas" that pop up. Although the "vast majority" of those at fault in a collision are drivers, Bourdages said, one pedestrian was charged at the Willett intersection.

According to the data, one driver reported a minor injury over the past seven months.

Cyclist hurt after hitting beer can: Friend

"Who knew litter on P.E.I. roads could be life-threatening?"

That's a question Betsy Morehouse of Cambridge, Kings County, is asking.

Morehouse said her friend was cycling in P.E.I. last week when her front tire struck an empty beer can.

She was travelling downhill at the time, Morehouse said, and moving fast.

"She struck an empty beer can and it locked her wheel,

throwing her over the handle bars. She had a helmet on, of course, and she was dressed in proper clothing but she hit her forehead."

Morehouse's friend, whom she referred to in an open letter to a Nova Scotia newspaper as "an athletic retired teacher in her 60s", is being treated at the Queen Elizabeth II Health Sciences Centre in Halifax.

Neither the woman's name nor the specific location of the

Quoted

"She could have been killed and she could still have permanent damage."

Betsy Morehouse, on her friend

incident was revealed.

"Her progress is slow but encouraging," Morehouse said. "She's getting physical therapy and speech therapy. She's hav-

ing trouble with her balance and I'm not really sure about her memory."

Morehouse said she's speaking out in hopes it makes people think twice about littering.

"I think people mostly think when they litter it's doing something to the environment, that it won't affect them right now. What's important to consider here is that people can be hurt." TRANSCONTINENTAL MEDIA



Betsy Morehouse said her friend was hurt after hitting an empty beer can while bicycling in P.E.I. TRANSCONTINENTAL MEDIA

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Intersection. Two men and a child injured when ATV crashes into truck

Pictou RCMP are investigating after two men were seriously injured when their ATV collided with a truck Sunday evening.

Around 8:10 p.m. in Thorburn, RCMP say the ATV entered the intersection travelling very fast, and was not able to make a turn before hitting the pickup truck.

The two men riding the ATV were taken to hospital in New Glasgow with serious injuries, and one of them was later airlifted to Halifax for further treatment.

Apartment search

Man charged after police seize drugs

A 24-year-old man is facing drug charges after police searched an apartment in Bedford last week.

Halifax Regional Police say officers in its drug unit arrived at the man's apart-

Investigation

The RCMP brought in a collision analyst to examine the scene, and the investigation is ongoing.

According to an RCMP release, neither man was wearing a helmet.

A four-year-old child in the truck had minor injuries from the crash, while two adults in the truck were not hurt. **METRO**

ment in the 0 to 100 block of Bedros Lane around 8:30 p.m. Friday.

Police say they seized a large amount of cocaine and drug-related paraphernalia.

The man has since been released from custody and is set to appear in Halifax provincial court at a later date.

METRO

Suspicious fire destroys vacant Timberlea home



Fire investigators were on scene at a house fire on Sprucebrook Lane in Timberlea on Monday. JEFF HARPER/METRO

Under renovations. Dozens of firefighters battle significant blaze

STEPHANIE TAYLOR
halifax@metronews.ca

The RCMP and Halifax regional fire are investigating a suspicious blaze that destroyed a home in Timberlea early Monday morning.

Fire spokesman Phil McNulty said crews responded to a blaze at a two-storey home on Sprucebrook Lane at 3:16 a.m.

"When crews arrived it was fully engulfed in fire," he said.

The home was eventually destroyed when the roof collapsed.

McNulty said the house was vacant, and had been under renovations when the fire broke out.

Investigators were on scene all day Monday and deemed the fire suspicious, ruling out

Natural causes ruled out

RCMP spokesman Cpl. Greg Church said the fire has been deemed suspicious because "all natural causes for a fire, such as lighting strike or stove fire, have been ruled out."

all natural causes.

McNulty said eight fire units — from Timberlea, Hammonds Plains, Tantallon and Halifax — all responded to the fire.

"We had no idea how long the fire had been burning by the time crews arrived," he said.

"It could have been burning for an hour."

McNulty said crews had the fire under control around 7:30 a.m., but a nearby home suffered minimal fire and heat damage.

"When there's no life to save, you can rebuild a home," he said.

Separate incidents

Two injured in motorcycle crashes

Police are investigating two motorcycle accidents that took place Sunday.

Halifax RCMP responded to a call from Myra Road, near Porters Lake, around 3 p.m. The male driver, who was

found lying on the road, was airlifted to hospital with non-life-threatening injuries.

RCMP Tantallon also arrived at the scene of collision between a motorcycle and an SUV on Highway 103 at Head at St. Margarets Bay around 11:20 Sunday night. The male driver of the motorcycle was taken to hospital with non-life-threatening injuries. **METRO**

George Megeney

Stellarton deputy mayor dies

Stellarton Deputy Mayor and former police commission chair George Megeney passed away on Monday morning. A notice was posted on the Town of Stellarton website. **NEW GLASGOW NEWS**

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Big business for hotels, thanks to ferry return

Yarmouth. Restored service brings record numbers of guests for some establishments

The impact of restored ferry service for accommodation providers in the Yarmouth area has been dramatic for most.

Whereas the Cat ferry had

afternoon or early evening departures, Nova Star sails out of Yarmouth in the morning and this is translating into more local room nights in comparison to the past four summers when there was no ferry service.

During that time, some establishments either closed down or were converted to seniors' residences.

At the Voyageur Motel, just outside Yarmouth town limits,

a spokeswoman said she has had more full nights this year than the past four years combined.

"They're all tourists, they're all using the ferry and they all love it," she said. She added that visitors have told her the fare is "worth every penny."

"They are ecstatic about it and that includes families with children," she added.

Esther Dares at Harbour's

Edge B & B in Yarmouth says this past June was the best June they've ever had.

"We have been open 17 years and even with two boats, we never sold as many rooms as we did this year," she said.

She said their July bookings are second only to 2004. Dares attributes the weather in early July as a big factor as few people travel when there is a hurricane on the radar. **YARMOUTH VANGUARD**



The Nova Star ferry. THE CANADIAN PRESS

Northern Pulp mill. Company says emissions tests will take a week

A spokesman for a Nova Scotia paper mill at the centre of environmental protests says tests are underway to determine the latest level of emissions.

David MacKenzie of Northern Pulp says the mill in Pictou has contracted Stantec, an environmental consulting firm, to conduct a week-long series of tests.

MacKenzie says tests will be done at the mill's recovery boiler, power boiler, dissolving tank and lime kiln, and samples will be submitted to a lab for analysis.

Tests carried out in November showed particulate released by the mill was 78 per cent above legal limits, although the company says there has been a 25 per cent improvement in the levels since then.

Some local residents and business groups have called for the mill to shut down to repair its aging infrastructure, although the provincial government has said the emissions do not pose an imminent health threat.

THE CANADIAN PRESS



Northern Pulp. NEW GLASGOW NEWS

Nova Scotia Business Inc.

Crown agency offers \$6.2M for fish oil plant expansion

A Nova Scotia Crown agency says it will provide up to \$6.2 million in subsidies to a Dutch company planning a \$30-million investment in its fish oil processing factory in Mulgrave.

Nova Scotia Business Inc. says it will give about \$1.2 million to Royal DSM NV if it creates 50 jobs over five years at the plant.

The money would be

offered through payroll rebates after jobs are created.

Nova Scotia Business Inc. says it will also give \$5 million to the company if it completes its investment and maintains 200 jobs with an average salary of \$72,000 for the five-year period.

Hugh Welsh, the president of the company's U.S. subsidiary, says it will predominantly manufacture omega-3 fish oil products.

Welsh says his goal is to finish the factory upgrades before the end of the year.

Royal DSM NV acquired Ocean Nutrition in 2012.

THE CANADIAN PRESS

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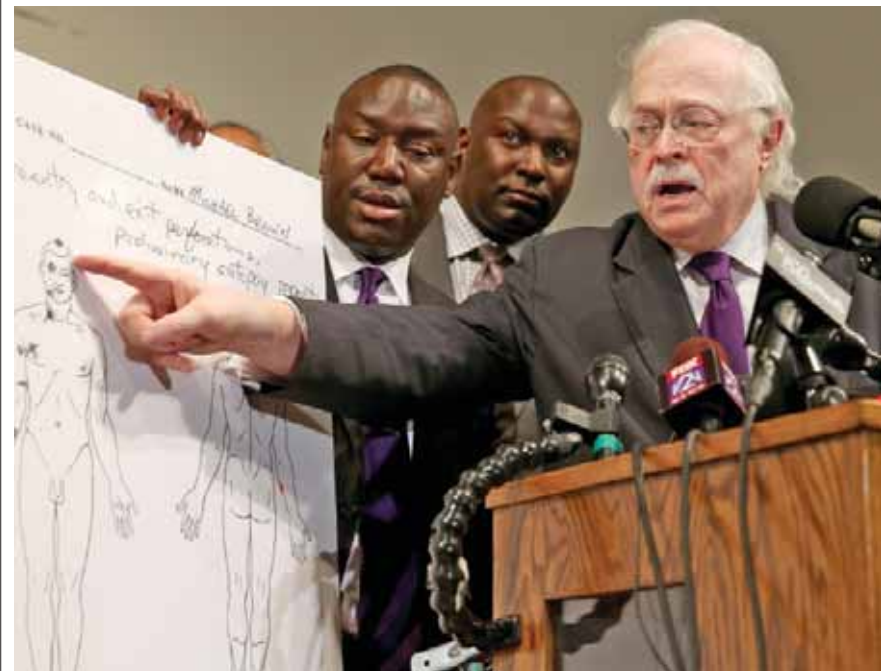
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Dr. Michael Baden points to an autopsy diagram showing where the gunshots hit Michael Brown as family attorneys Benjamin Crump, left, and Daryl Parks look on during a news conference on Monday at the Greater St. Mark's Family Church in Ferguson, Mo. JOE RAEDLE/GETTY IMAGES

Teen may have had hands up when shot by cop: Pathologist

Michael Brown. The unarmed 18-year-old was shot between six and eight times

An unarmed black teenager fatally shot by police suffered a bullet wound to his right arm that may have occurred when he put his hands up or when his back was turned to the shooter, "but we don't know," a pathologist hired by the teen's family said Monday.

An independent autopsy conducted on 18-year-old Michael Brown determined that the teen was shot at least six times, including twice in the head, according to the pathologists and the family's attorneys. Another autopsy conducted by St. Louis County also found Brown was shot six to eight times and that he was hit in the head and chest.

The Aug. 9 shooting touched off rancorous protests in Ferguson, a St. Louis suburb where police have used riot gear and tear gas. Gov. Jay Nixon ordered the National Guard to Ferguson to restore order Monday, while lifting a midnight-to-5 a.m. curfew that had been in place for two days.

Brown's death heightened

racial tensions between the predominantly black community and the mostly white Ferguson Police Department. Civil-rights activists have compared the shooting to other racially charged cases, especially the 2012 death of Trayvon Martin, the unarmed black teenager shot by a Florida neighbourhood-watch organizer who was later acquitted of murder. Both cases have fuelled nationwide debates on the treatment of young black men in America.

Police have said little about the encounter between Brown and the white officer, except to say that it involved a scuffle in which the officer was injured and Brown was shot. Witnesses say the teenager had his hands in the air as the officer fired multiple rounds.

Family attorney Benjamin Crump said the family wanted the additional autopsy because they feared results of the county's examination could be biased.

"They could not trust what was going to be put in the reports about the tragic execution of their child," he said during Monday's news conference with forensic pathologist Shawn Parcells and former New York City chief medical examiner Dr. Michael Baden. "It verifies that the witness ac-

counts were true: that he was shot multiple times."

He said Brown's mother "had the question any mother would have: Was my child in pain? Dr. Baden shared with her, in his opinion, he did not suffer." He also noted that Brown had abrasions on his face from where he fell to the ground, but "otherwise no evidence of a struggle."

A grand jury could begin hearing evidence Wednesday to determine whether the officer, Darren Wilson, should be charged in Brown's death.

THE ASSOCIATED PRESS

Autopsy

- Forensic pathologist Shawn Parcells, who assisted former New York City chief medical examiner Dr. Michael Baden during the independent autopsy, said a graze wound on Brown's right arm could have occurred in several ways. The teen may have had his back to the shooter, or he could have been facing the shooter with his hands above his head or in a defensive position in front of his face.

Health minister says marijuana campaign 'not a partisan attack'

Playing pot politics?

Ambrose says proposal is 'sound public health policy,' not an attack on Justin Trudeau's stance on legalization

Health Minister Rona Ambrose is denying that the federal government's proposed marijuana awareness campaign is aimed at Justin Trudeau.

"Telling kids to not smoke pot is not a partisan attack on Justin Trudeau by Health Canada," Ambrose told a news conference Monday on the sidelines of the annual Canadian Medical Association meeting.

"It is a sound public health policy backed by science. Whether pot is legal or illegal, the health risks of marijuana to youth remain the same, and we should all be concerned about them."

It was Trudeau who "made this a political issue," Ambrose said, noting the CMA itself had asked for a marijuana awareness campaign, and Ottawa simply responded to that call.

The Liberal leader lashed out at Conservatives last week over reports that Health Canada has approached three doctors' groups to sign on to an anti-pot advertising cam-



Health Minister Rona Ambrose delivers remarks to the 147th General Council of the Canadian Medical Association in Ottawa on Monday. Ambrose has denied that the federal government's proposed marijuana awareness campaign is aimed at Liberal Leader Justin Trudeau. SEAN KILPATRICK/THE CANADIAN PRESS

paign directed at youth.

All three — the CMA, the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada — have declined to participate, saying the campaign has become a "political football."

Trudeau has suggested the Health Canada move was meant as an attack on his support for legalizing marijuana. The proposed campaign came on the heels of several Conservative cabinet ministers, including Peter MacKay and Julian Fantino, publicly maligning Trudeau's stance.

"We know that Canadian

Medical marijuana

Doctors shouldn't be 'pressured to prescribe'

Rona Ambrose also weighed in Monday on medical marijuana, saying Canada's doc-

tors should not feel pressured into prescribing it.

"The majority of the physician community do not want to prescribe it," she said. "They don't want to be put in a situation where they're pressured to prescribe it and I encourage them to not prescribe it if they're not comfortable with it."

taxpayers are getting extremely frustrated with the fact this government tends to use public money for ads

that do more for its partisan aims than for actual public service," Trudeau said.

THE CANADIAN PRESS

Cyber-insecurity. Study: Many Canadian companies know they've been hacked

More than one-third of Canada's IT professionals know — for sure — that they had a significant data breach over the previous 12 months that could put their clients or their organizations at risk, a cybersecurity study suggests.

And as startling as that statistic may be, the actual number of breaches could be higher, since the same international study found 56 per cent of the 236 Canadian respondents said they believed threats sometimes fall through the cracks.

"Even the best-protected

Quoted

"It's a 24-7 onslaught. It's a barrage of attacks and attempts to penetrate the defences."

Jeff DeBrosse, director of security research at U.S.-based security company Websense

networks have regular security incidents," says Jeff DeBrosse, director of security research for Websense, a U.S.-based security company that commissioned the study. THE CANADIAN PRESS

Medicine. Health Canada changing labels on opioid painkillers to stress risks

Health Canada has changed the labelling for controlled-release opioids in a bid to make clear the risks and safety concerns of the pain medications.

The department says the new labelling spells out more clearly the potential problems related to the drugs and to encourage more appropriate prescription of the medication.

The new labelling drops reference to use of the drugs for moderate pain, stressing that they are meant to be prescribed for pain severe

enough to require daily and continuous opioid treatment.

An Ontario study released earlier this summer found that fatal overdoses from drugs such as oxycodone and morphine have soared over the past two decades as use of the addictive and highly potent painkillers has expanded.

Health Canada says that while the drugs provide effective pain management, they can induce serious health risks, and says the label changes are an attempt to reduce these risks. THE CANADIAN PRESS

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Rivals say Hamas shot activists who defied house arrest

Gaza. Unclear exactly how many Fatah members were hit; shooting victim calls for Palestinian unity

Gaza's ruling Hamas faction placed dozens of activists from Fatah, their political rivals, under house arrest during the Gaza war and shot several in the legs for not staying indoors, Fatah officials said Monday.

Hamas gunmen ordered numerous Fatah activists to stay in their homes for the duration of the fighting, said two spokesmen, Ahmed Assaf in the West Bank and Hassan Ahmed in Gaza.

Assaf said some of those who Hamas believed had ignored those orders were shot, although he said the exact

Quoted

"Our guns must be used only against the occupation (Israel)... What happened will not change my belief in unity."

Sami Abu Lasheen, who says he was shot after being ordered to stay indoors

number of victims is unknown.

Sami Abu Lasheen, 40, said Hamas activists ordered him at the beginning of the war to stay in his home. After that initial order, he said he sat outside his house from time to time.

"On July 28, masked gunmen came while I was sitting in the yard of my house," he said. "They told me to stand up and they shot me in the legs."

Abu Lasheen suffered multiple leg fractures that will require several months to heal.

Fatah's claims mark the first concrete sign of a Hamas

crackdown on domestic dissent during the Israeli-Palestinian conflict.

Hamas spokesman Fawzi Barhoum denied the group put Fatah activists under house arrest, suggesting some Hamas activists might have acted on their own. Barhoum did not address the shooting allegations.

Despite his injuries, Abu Lasheen still wishes for unity.

"Our guns must be used only against the occupation (Israel)," he said. "What happened will not change my belief in unity."

THE ASSOCIATED PRESS



Liberia searches for missing Ebola patients

Health workers are equipped with Ebola virus prevention gear at an Ebola treatment centre in the city of Monrovia, Liberia. Liberia's armed forces were given orders to shoot people trying to illegally cross the border from neighbouring Sierra Leone, which is closed to stem the spread of Ebola. Seventeen fled from a ransacked Ebola medical centre on Monday and are still unaccounted for. ABBAS DULLEH/THE ASSOCIATED PRESS

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TOO SOON TO START COUNTING MY EGGS?

On Sunday I celebrated my 29th birthday. I am officially on the very last rung of the twenty-something ladder. I spent the entire weekend eating, drinking and rejoicing the fact that I was turning “not 30.”

I also happen to share my birthday with a dear friend's baby boy, which is why I found myself sipping sangria at his first birthday party on Saturday afternoon, in a room full of tiny humans who count their age in months rather than years. I marvelled at the group of men and women casually clutching their infants in one arm and a beer in the other. It was a strange realization that these parents — who were discussing day-care options while getting day-drunk — were all my age.

Being surrounded by adorable and surprisingly well-behaved babies for an afternoon didn't exactly make me broody for one of my own right away, but it did make me wonder when I might start to feel that maternal instinct kick in.



SHE SAYS
Jessica Napier
metronews.ca

When it comes to the ideal childbearing age, I'm not quite over the hill, but I'm definitely past my prime. Most doctors agree that a woman's fertility peaks in her early to mid-twenties and starts declining soon after. Getting pregnant in your younger years lowers your chance of miscarriage and increases the likelihood of giving birth to a healthy baby. At 35 and beyond, women are six times more likely to have conception issues or pregnancy complications than those 10 years younger.

But getting pregnant and being a parent are two very different concepts. Our bodies might be ready for a baby as soon as we hit puberty, but we mature mentally and emotionally at very different rates.

Just because it's physiologically possible doesn't mean you're psychologically (or financially) ready for the drastic shift in priorities that come with bearing and raising another human being. There will always be personal and professional sacrifices involved; you'll have to put a fulfilling

career on pause to go on maternity leave and give up the Pilates body you've spent years sculpting, even if it's just temporarily.

I know there's no perfect time to start a family and, for now, I'm happy to attend baby birthday parties as the token childless friend. But when I read scary statistics about infertility rates in older women, I find myself wishing that I could recalibrate my biological clock to keep time with my current lifestyle.

Sometimes I worry that if I continue to refill my birth-control prescription each month and wait for a time when I feel completely ready, I'll miss my chance.

I have to wonder how long I have left until my window of opportunity closes and I'm forced to pursue potentially painful and expensive alternatives with no real guarantees of success.

In some ways, it's almost a good idea for a woman to start trying to get pregnant before she's actually ready, in order to ensure she is even capable of conceiving.

Perhaps all this panic is a bit premature on my part. But as I enter my 30th year I know it's something I have to start thinking about, even if it just means incorporating a few folic acid pills into my morning routine.

Haunted by her face



In this 1994 photo captured by William Castellanos, a young girl looks pensively out from a wooden raft.
WILLIAM CASTELLANOS/THE ASSOCIATED PRESS

Photographer still wonders about fate of mystery Cuban raft traveller

In this photo, a girl crouches on a wooden raft, surrounded by solemn men. Her dark eyes stare intently at the camera. A few wisps of her hair float in the breeze.

In a moment, she will be pushed out to sea.

William Castellanos snapped the black and white photo in August 1994 when he was an art student in Havana, capturing the

moment when 35,000 Cubans took to the sea in makeshift rafts.

Twenty years after President Fidel Castro encouraged a mass exodus from the island, the images still trouble him.

Did the rafters make it, or did their flimsy vessels break apart in the turbulent, 145-kilometre Florida Straits?

Do they have busy lives and jobs and families now? Or are his photographs the last testament of their existence?

“For me, this is a very difficult photographic record,” Castellanos says. “Maybe I have the only, or maybe the last, picture of that person.”

Online

Castellanos created the website exodus94.com, which includes numbered close-ups of the 85 people he is trying to locate.



Especially, he wonders about the girl.

“Maybe today she is a woman,” Castellanos wonders. “Maybe she has children. I don't know where she is just now, but this is a face that haunted me.”

THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 13 in Scene, page 15 in Life and page 18 in Sports.

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MetroTube

Have you ever seen a panda bear propose to a maiden so fair?



ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's become clear that there's a stunt marriage-proposal arms race going on, and a lot of folks are just trying to keep their heads above water as these high-concept ring deliveries continue to escalate. That's how we have ended up with a romantic Russian panda-handling a pair of “thugs” who were harassing his (spoiler) now-fiancée with all the menace and plausibility of an early '90s WWE jobber. But they ARE an adorable pair, so consider our hearts warmed. (Camapa Online/YouTube)



SCREENGRAB

Fassbender finds the fun in papier mâché

Frank. Actor says donning giant mask heightened his sense of mayhem and mischief in new role



NED
EHRBAR

Metro World News in Hollywood

As the titular Frank in *Frank*, Michael Fassbender plays a reclusive, eccentric musician who can only deal with the world from within a large, cartoonish papier mâché head. You'll just have to take him at his word that it's him under there the whole time, but we believe him.

How do people know it's actually you under the head for the entire film?

They don't. Well, I mean, if you look closely at my hands and stuff you can see it's me. There was supposed to be a couple of scenes where a double would be used because in terms of our scheduling it was overlapping with something else for me, but I ended up doing those as well. I ended up doing it all.

What stands out most about performing underneath a giant papier mâché head?

It was just a lot of fun. By putting the head on, I definitely increased my sense of mischief and anarchy. Sometimes wearing the head just standing there looking at another cast member, they're looking at me going, 'What's



Frank is currently screening in select markets across Canada. CONTRIBUTED

he thinking? Is he asleep in there? There's a lot to play with. And we found after a while that the audience starts to project emotions or opinions or what they think Frank is thinking onto the mask, so it becomes an interesting interaction between

the audience and the mask.

There's this notion in the film of being envious of artists with terrible childhoods. Did you experience any of that growing up?

Absolutely. I think definitely when I was at drama school I

AUGMENTED REALITY

→ Yes, that's Michael Fassbender under there. Scan this photo with your Metro News app to watch the trailer for *Frank*!



→ See the full instructions on Metro's Voices page.

thought the torture and the pain is necessary to gain any quality, like somehow you had to put yourself through that in order to get an end result. I don't believe that anymore, but I do believe that you've got to put a lot of work in. Talent is one thing, but work ethic is something else. I've seen plenty of talented people not work because of perhaps their misunderstanding of timing and being prepared and being ready when the opportunity comes.

Speaking of, you've been doing a wide range of film projects. Is that part of a general plan, or just seizing what opportunities present themselves?

Yeah, really kind of the latter. What I try and do is I try and do different things. I try not to repeat a character as best as possible. There are obviously limitations, and I start to repeat myself anyway, but to try to pick as diverse characters as possible to keep that to a minimum.

DVD review



The Amazing Spider-Man 2

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

The *Amazing Spider-Man 2* wears its goofiness like a big smiley-face button, brazenly counting on character appeal to carry a story both dopey and mopey. Darned if the strategy doesn't succeed, but just barely. The rebooted Marvel Comics movie franchise still needs to convince us that a redo of Sam Raimi's relatively recent *Spider-Man* trilogy was necessary. This latest blockbuster assault wins us over, or wears us down, by dint of fine actors who are enjoying themselves, in a film that thankfully doesn't take itself too seriously. Adorable real-life couple Andrew Garfield and Emma Stone lead the charm offensive, as good guy Peter Parker/Spider-Man and his occasional gal Gwen Stacy. Yang to their yin are a couple of well-cast newcomers, both connected to evil über-firm Oscorp: Jamie Foxx as the accident-prone electrical engineer who transforms into the energy-hurling supervillain Electro; and Dane DeHaan (*Chronicle*) as the bratty corporate heir. If returning director Marc Webb had left it at this, he'd have a stronger film. **PETER HOWELL**

2 SCENE

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Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Is Chris Martin going back to the start with help from Hunger Games honey?

You're probably still really confused about the whole Jennifer Lawrence dating Chris Martin thing. But U.K. paper the Sun is on the case, getting word from an anonymous source that Martin digs Lawrence because she's the opposite of Gwyneth Paltrow. This source doesn't pull any punches, apparently.

"Jennifer is loads of fun and they can't stop laughing when they are together. Chris feels he is dating

someone who has everything he's been missing out on in the past 11 years," the source says. "Jennifer doesn't take herself too seriously, and when she is not filming, she just wants to hang out and have a good time."

But here's the thing: No one was curious as to why Martin would be attracted to Lawrence. She's Jennifer Lawrence, case closed. You got an anonymous source that can explain the other half of that equation?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pratt was once plucked out of Scooby Doo van obscurity

NED
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Metro in Hollywood

Chris Pratt's campaign to melt the hearts of all he encounters continues. The Guardians of the Galaxy star recently posted a photo of himself from his days of being down-and-out in Hawaii, standing next to the Scooby Doo-emblazoned van he used to call home. "Can't believe I found this picture," he wrote on Facebook. "That is the van I lived in! In my



hand is the script for the movie that got me out of Maui. Crazy." Pratt previously told the Independent that he bummed around Maui working as a waiter at the Bubba Gump Shrimp Company before breaking into Hollywood.



Justin Bieber

Justin time to go viral: He's taken a picture, and it hasn't lasted long

Justin Bieber still doesn't seem to understand that the Internet is forever. Following his well-worn habit of posting and then quickly deleting photos, Bieber uploaded an Instagram snap of himself and on-again, off-again girlfriend Selena Gomez clearly on again, with Gomez

in Bieber's arms giving him a kiss on the cheek. The attached caption? "Right now everything else is a blur." Speaking of blurs, the Beebs took the photo down just as fast, but not before it could earn 216,553 likes — which, to be fair, is pretty low for Bieber.

Snacks

Domestic Medium Hair

Snacks was found as a stray in Lower Sackville. We don't know how long this pretty girl was lost but she seems to have had a tough time, as she had what appeared to be bite wounds. Although a bit shy, Snacks is a chatterer who will let you pet her; you can tell she loves the attention because she responds with quiet chirpy little meows. Thankfully, her time on the streets is over and she is looking forward to a quiet home. **Please visit Snacks today.**



For more information on **Snacks** and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Moves that will fit you to a Tai Chi

Make a stand.

The song may say everybody was Kung Fu fighting, but, as it turns out, it may be Tai Chi that's the martial art full of health benefits

DEAN
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Metro in Toronto

At first glance, Tai Chi looks like you're moving at a tortoise-pace, or someone accidentally hit the slo-mo button, but take a closer look. It is more beneficial than it seems. Check out those bent knees and straight up-and-down spine; it's like a constant squat, held for minutes at a time.

"Not all exercise needs to be explosive and leave you in a pool of sweat," says Grant Jennings, a personal trainer who teaches a Chen-style Tai Chi class at the St. Clair location of Goodlife Fitness in Toronto.

"Don't think of it as someone moving slowly, but like someone wringing out their



Personal trainer Grant Jennings performs a Chen-style Tai Chi movement.

ALL PHOTOS AND AR VIDEO BY ELIZABETH BEDDALL

body like a washcloth. Or someone pumping all the blood and lymph to their tissues and getting oxygen and nutrients into their blood and into their muscles."

Sure, the misconception is that Tai Chi is for older people, but Jennings' clients range in age from 20 to 80. And they are all benefitting in different ways from this martial art developed in the 1600s.

Remember that up-and-down spine? Try to keep that

sense of verticality as you balance on one leg, slide on the ball of your foot across the floor, spiral your hands, create a relaxed fist or keep your body feeling loose but powerful at the same time.

Tai Chi is full of detail upon detail upon detail. Tall order, but easily learnable.

"The Chinese have a saying: Cobwebs don't form in a busy doorway. Tai Chi is a full-body exercise where not just one part of the body moves,

AUGMENTED REALITY

→ Scan this photo with your Metro News app to see Grant Jennings perform the first five movements of Chen ZhaoKui Inner Family Big Frame Tai Chi, which he learned from Eric Tuttle at Wind Chases the Moon Martial Arts.



→ See the full instructions on Metro's Voices page.

the whole body moves. The whole body is that doorway."

Tai Chi is defensive, says Jennings. From its roots centuries ago as a way for Chinese peasants to protect their crops from marauders, studies have found that it — as well as being a good tool for self-defence — also enriches everyday life.

"It is learning to protect your body from a variety of attackers; whether they are germs and microbes, those attackers could be someone trying to take your wallet," says Jennings. "For someone working to boost their

immune system, there are lots of stories of people who take up Tai Chi practices and never getting a cold again."

He adds it is good for removing tension, easing joint pain, increase circulation and cardiovascular benefits. Tai Chi can be done as a standalone exercise, or as part of a larger exercise plan that includes resistance training and cardio. For people who feel that they don't have enough energy to work out, Tai Chi can give you that energy and help you get off the couch to enjoy more activity.

"It is one of the best cooldowns that you can be doing," says Jennings. "During a workout, your cortisol levels will rise, and it can be a problem trying to develop muscles if those levels don't come back down. This is where Tai Chi can help; it is a chance to rebalance the hormones and set your body up for rest and growth."



Looking for a stress release you can do at the office? Visit metronews.ca to see a video of Grant Jennings demonstrating an exercise which will help you feel more energized.

Getting started: Outward Silk Reeling

"Silk reeling is like the vocabulary of Tai Chi," says Jennings. The movements in this exercise are some of the basic "words" used in Tai Chi to create larger "sentences," called forms. "It's the entry point, it's the playing around with words before you can make a sentence on your own." This is also good as a warm-up for other forms of exercise.



Stand with your legs shoulder-width apart and your knees slightly bent. Place your hands mid-chest. With your palms facing left, keep your left hand above and slightly in front of your right hand.



Turn your waist toward the left by putting your weight into your right leg. Then change position of your hands so the right hand is above and slightly in front of the left. Your palms should now be facing right.



Now turn your waist toward the right, putting the weight into your left leg. Then switch your hands again so your left hand is on top and both palms are now facing left. Repeat the movements.

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NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Summer suppers can sometimes sneak up and surprise you after being out enjoying the day.

Those last-minute meals rely heavily on pantry and freezer ingredients that need assembly rather than cooking. What you really want are foolproof and nourishing ingredients at the ready that can be ignored and then served. Here are some ideas:

Frozen shrimp or other cooked fish

- Cooks in minutes and great for stir fries.
 - Cook 1/2 cup whole wheat pasta per person.
- Drain. In a skillet sauté for four minutes: 1/2 cup scallops/shrimp per person, 1 cup frozen peas per person.



son, 1 tsp extra virgin olive oil per person, 1 tbsp Parmesan cheese. Add the cooked pasta and mix.

Frozen Brussels sprouts

- Steam and toss with dill.

Frozen broccoli

- Simmer 2 cups of broccoli and 1 potato in 1 quart of broth. Purée to soup consistency. Stir in 1 tbsp Parmesan cheese.

Frozen soybeans/lima beans are a high protein snack

- Steam for 2 minutes. Add seasoned rice vinegar.

Frozen apple or pineapple juice concentrate

- Replaces some refined sugar in baked goods with real fruit sugar.

Frozen berries

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This recipe serves four. THERESA ALBERT

Skillet Chicken.

This recipe allows you to use your fave frozen veggies in any combination possible

THERESA ALBERT
myfriendinfood.com

This meal comes together in a flash with barely the basics from the fridge. It is a foolproof,

adaptive formula that can be cooked on the stovetop, stuffed into the oven or the whole skillet can go on the barbecue. Just about any frozen veg does the trick, mix 'em up if you have to. Any mustard flavour, and any jam or jelly works, water or broth can substitute for wine. You really can't mess this one up. It is your go-to "cook's night off" solution.

1. Rub the chicken breast with the Italian seasoning, salt and pepper as you warm a cast iron skillet.

2. Add oil and brown chicken breasts on both sides for 2 minutes.

3. Add red peppers and stir for two to three minutes. Stir in broccoli.

4. Stir in mustard and red pepper jelly, cover and allow to cook through for 10-15 minutes.

5. Pour the white wine into the mixture, add butter and simmer for 1 minute to finish.

Ingredients

- 4 boneless skinless chicken breasts
- 1 tsp Italian seasoning
- salt and pepper
- 1 tsp grapeseed oil
- 2 red peppers, sliced
- 4 cups frozen broccoli
- 1 tbsp grainy mustard
- 2 tbsp red pepper jelly
- 1/4 cup white wine
- 1 tsp butter

Cheese was made for pasta



This recipe serves six. THE CANADIAN PRESS

Ingredients

- 500 g (1 lb) lean ground beef
- 1 garlic clove, minced
- 500 ml (2 cups) mushrooms
- 250 ml (1 cup) chopped onion
- 250 ml (1 cup) chopped pepper
- 7 ml (1 1/2 tsp) Italian seasoning
- Pinch salt
- 1 can (796 ml/28 oz) diced tomatoes, undrained
- 250 ml (1 cup) water
- 375 g (12 oz) broken spaghetti
- 15 ml (1 tbsp) balsamic vinegar
- 500 ml (2 cups) shredded mozzarella cheese
- 50 ml (1/4 cup) grated Parmesan cheese
- Chopped fresh basil (optional)

This main dish takes about 15 minutes to prepare and 40 minutes to cook.

1. In a large skillet, sauté beef over medium-high heat, breaking up with spoon; drain off fat. Add garlic, mushrooms, onion, pepper, Italian seasoning and salt. Cook, stirring occasionally, for about 5 minutes or until vegetables have softened.

2. Stir in diced tomatoes, water and broken spaghetti; bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for about 15 minutes or until pasta is tender.

3. Stir in balsamic vinegar, mozzarella and Parmesan cheese; stir until cheese is melted.

4. Serve sprinkled with fresh basil, if using.

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Cuts made, more to come for Mooseheads

Reduction. Halifax trims camp roster by seven, including returning blueliner



PHILIP CROUCHER
philip.croucher@metronews.ca

For those players on the bubble with the Halifax Mooseheads, it's time to impress.

The Quebec Major Junior Hockey League team has a week of practices planned, followed by back-to-back pre-season games against the Sea Dogs, first in Saint John on Friday then in Truro on Saturday.

After that, general manager Cam Russell expects to make many of his final cuts heading into the club's regular season opener on Sept. 12.

"Their work ethic, their ability to learn — there are a lot of different things we are looking for this week," Russell said of those without guaranteed spots.

The Mooseheads made seven more cuts Monday, trimming down their training camp roster to 31. That number includes star forward Nikolaj Ehlers, who is expected to join the team by Wednesday.

The Mooseheads have given Ehlers some extra time to arrive at camp due to his busy off-season training with the Winnipeg Jets, who draft-



Defenceman Jacob Jacques, shown here during a practice with the Halifax Mooseheads last season, has been cut from the training camp roster. JEFF HARPER/METRO

ed him in the first round of the NHL draft in June.

Cut on Monday were goaltenders Jean-Philippe Brais and Jacob Dempsey, along with defenceman Jacob Jacques and forwards Mark Vokey, Logan Saunders, Tristan Tardif and Eddie Banville.

The dropping of 18-year-old Jacques is the most notable. He played in 40 games

last season for Halifax, recording two goals and seven points, while posting a plus-seven rating.

"I think this is maybe the best year we have had for depth at (the defence) position in quite a while," said Russell, when asked why Jacques was let go. "We have some very good players — some very good younger players."

Including Ehlers, Halifax has 17 forwards, 11 defencemen and three goaltenders left. The team is expected to carry a roster of 23, so eight more cuts are to come.

As for camp so far, returning forward Brandon Vuic, better known for his fighting than offensive upside, has been turning the most heads.

Players left in camp

- **Goaltenders.** Christopher Langlais, Kevin Resop, Zach Fucale.
- **Defencemen.** Morgan Nauss, Domenico Argento, Brandon Worthen, Taylor Ford, Jean-Sebastien Taillieffer, Calvin Fitzgerald, Josh Fitzgerald, Nicholas Gibson, Matt Murphy, Austyn Hardie, Jesse Lussier.
- **Forwards.** Barrett Dachyshyn, Dominik Blain-Dupuis, Gabriel Vanier, Brett Crossley, Maxime Fortier, Jordan King, Connor Moynihan, Makail Parker, Timo Meier, Andrew Shewfelt, Vincent Watt, Ryan Falkenham, Samuel LeBlanc, Daniel Moynihan, Brandon Vuic, Philippe Gadoury, Nikolaj Ehlers (will report to camp by Wednesday).

He found the net regularly in three intrasquad games last week, and also recorded a "Gordie Howe hat-trick" — a goal, assist and a fight — in Halifax's pre-season opener.

"He's obviously the surprise of the camp — and I don't say that in a disrespectful way," Russell said. "He's obviously worked really hard and it's paying off right now."

Hodges steps down as Rainmen head coach

It will be out with one old coach and in with another.

On the same day the Halifax Rainmen announced that second-year head coach Craig Hodges was stepping down due to personal reasons, the National Basketball League of Canada franchise said Joseph (Pep) Claros has agreed to return to man the sidelines.

Claros, a veteran coach with an impressive international resume, guided the team to a second-place NBL Canada finish during the 2011-12 season, going 23-13. He took the Rainmen to

Quoted

"I'm sure fans will be excited to welcome him home, and our players will love playing for him."

Halifax Rainmen owner Andre Levingston of Joseph (Pep) Claros

the league's inaugural final, before the London Lightning eliminated them in a highlight-packed five-game series.

"I'm coming back home, to Halifax ... and the goal is clear in my mind: I will bring

you the championship," Claros said in a statement. "The same one we were very close (to) once."

"There are no words to describe the feeling that coach Pep is returning to our city and organization," Rainmen owner Andre Levingston added in the same release. "Our fans love his commitment and passion for greatness."

As for Hodges, it was announced in early June that he would be back as head coach, but personal issues have him unable to continue.

"There are things in life more important than basket-



Joseph Pep Claros, left, and owner Andre Levingston from 2012. PHILIP CROUCHER/METRO

ball and right now our prayers go out to coach and his family," Levingston said.

The Rainmen open train-

ing camp on Oct. 15 and will be playing two pre-season games.

PHILIP CROUCHER/METRO

New ownership. Steve Ballmer debuts as L.A. Clippers owner

Sweating, clapping and shouting until he was nearly hoarse, Steve Ballmer introduced himself to Los Angeles Clippers fans at a rally on Monday celebrating his new ownership of the NBA team.

The former Microsoft CEO made his way through the crowd inside the Staples Center to Eminem's Lose Yourself, exchanging high-fives and chest-bumping as he took the stage in front of 4,500 fans.

Ballmer paid a record \$2 billion for the team in a sale that was confirmed by a judge last week. The name of disgraced former owner Donald Sterling, who controlled the team for 33 years before being banned for life by the NBA for racist remarks, was never uttered during the rally.

Not moving

Ballmer gave out his email address during the televised rally and was quick to assure fans he won't move the team to Seattle, where he's lived for 34 years.

"We're looking forward," Ballmer proclaimed, having removed his blue Clippers hat. "Everything is about looking forward."

Ballmer's fervour was in stark contrast to Sterling, who never spoke to the media and was famously frugal when it came to spending on the team during decades of losing — despite having amassed a fortune through real estate.

THE ASSOCIATED PRESS

Quoted

"We're going to be bold. Bold means taking chances."

Los Angeles Clippers owner Steve Ballmer

Gronk is back

Pats' tight end says he'll play in opener

Rob Gronkowski is participating in contact drills with the New England Patriots for the first time since his knee surgery.

The star tight end says he's planning to be ready for the season opener on Sept. 7 against the Miami Dolphins.

Gronkowski tore the ACL and MCL in his right knee on Dec. 8 and underwent surgery on Jan. 9.

THE ASSOCIATED PRESS

Playing the name game

Avoiding the term 'Redskins'

Two influential NFL voices — including CBS lead analyst Phil Simms, who will handle Washington's Week 4 game — said Monday they likely won't use the term "Redskins" when discussing the franchise.

"My very first thought is it will be Washington the whole game," Simms said.

His broadcast partner, Jim Nantz, says it is "not my job to take a stance."

THE ASSOCIATED PRESS



Mexicans send Australians packing at LLWS

Australia's Blake Monaghan scores under the tag of Mexico catcher Gabriel Heredia during an international elimination baseball game at the Little League World Series on Monday in South Williamsport, Pa. Mexico won 6-2 and will face Venezuela on Tuesday afternoon. Scan the image with the Metro News app for the best photos from the tournament. MATT SLOCUM/THE ASSOCIATED PRESS

Nadal to skip final Grand Slam of year

Injury. Tennis star blames his withdrawal on a bad right wrist

Quoted



"Not much more I can do right now other than accept the situation and, as always in my case, work hard in order to be able to compete at the highest level once I am back." Rafael Nadal

Reigning champion Rafael Nadal pulled out of the U.S. Open because of an injury for the second time in three years Monday, leaving Novak Djokovic and Roger Federer as the men to beat at the year's last Grand Slam tournament.

Nadal announced his withdrawal, blamed on a bad right wrist, one week before play begins at Flushing Meadows.

"I am sure you understand that it is a very tough moment for me since it is a tournament I love and where I have great memories from fans, the night matches, so many things," a posting on

Nadal's Facebook page read. "Not much more I can do right now other than accept the situation and, as always in my case, work hard in order to be able to compete at the highest level once I am back."

The second-ranked Nadal plays left-handed but uses a two-handed backhand.

The 14-time major champion was hurt July 29 while practising on his home island of Mallorca ahead of the North American hard-court circuit. The next day, Nadal

announced he needed to wear a cast on his wrist for two to three weeks and would be sitting out tournaments in Toronto and Cincinnati.

The 28-year-old Spaniard also said at that time he expected to return for the U.S. Open.

Instead, he's the fourth man in the Open era, which began in 1968, to decline to try to defend his U.S. Open title. The others were Ken Rosewall in 1971, Pete Sampras in 2003 and Juan Martin

del Potro in 2010. Del Potro is also out of this year's U.S. Open after wrist surgery in March.

Nadal is 44-8 with four titles in 2014, including his record ninth French Open trophy in June. He has not competed since losing in the fourth round of Wimbledon on July 1.

With Nadal sidelined, five-time U.S. Open champion Federer joins Djokovic as a favourite in New York — even if there are questions about them.

Federer turned 33 this month, and it's been more than two years since he won one of his record 17 Grand Slam titles.

But he is coming off a runner-up finish at Wimbledon last month and a hard-court title at the Cincinnati Masters on Sunday. THE ASSOCIATED PRESS

TOP SIX @ 6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

6 Ariana Grande Break Free

5 Hedley Heaven In Our Headlights

4 Jessie J, Ariana Grande and Nicki Minaj Bang Bang

3 Nico & Vinz Am I Wrong

2 Charlie XCX Boom Clap

1 Ariana Grande ft Iggy Azalea Problem

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Even if you are determined to be on good terms with everyone, you will still find it difficult to get along with one particular individual. Face it, you are so far apart that friendship is highly unlikely.

Taurus

April 21 - May 21

You are being pulled between two extremes, making it difficult to make up your mind. Only you can decide, but you must do it quick.

Gemini

May 22 - June 21

Some people love making drama out of things that are not even remotely a crisis. All you can do is to keep your distance.

Cancer

June 22 - July 23

There is no point being careful all of the time but if you go too far, you may regret it. If a loved one warns you are too close to the edge, take heed and rein yourself in.

Leo

July 24 - Aug. 23

Your mind is overflowing with big ideas and you can't wait to get started. But there could be a better opportunity heading your way. Don't miss it.

Virgo

Aug. 24 - Sept. 23

Your first instincts are usually right, so trust them and refuse to change what you are doing just because others are having second thoughts.

Libra

Sept. 24 - Oct. 23

With Mars moving through one of the more materialistic areas of your chart, jump at the chance to move up in the world over the next few days.

Scorpio

Oct. 24 - Nov. 22

You may want to show you can manage on your own but today's challenges are likely to be severe, so make sure you have back-up from friends and family.

Sagittarius

Nov. 23 - Dec. 21

These are exciting times for you but there is a danger you could burn yourself out, especially if you focus all your energy in a single direction.

Capricorn

Dec. 22 - Jan. 20

Someone will rub you the wrong way today and you may find it hard to control your temper. Keep doing what you are doing. That will really annoy them!

Aquarius

Jan. 21 - Feb. 19

Focus only on things that excite you physically and emotionally over the next few days. Some will say you are expecting too much of yourself but, if anything, you are not expecting enough.

Pisces

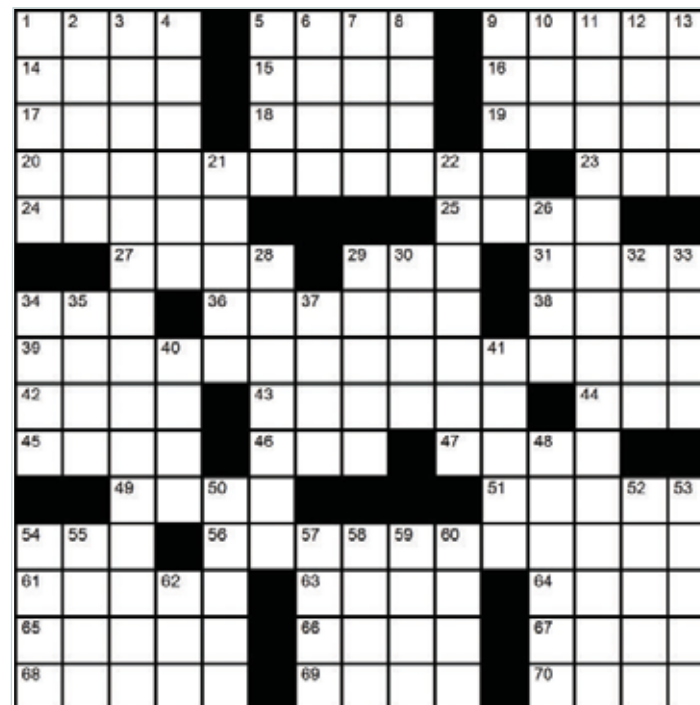
Feb. 20 - March 20

The intensity of your feelings over the next 24 hours could easily make you do something silly, so think before you act and act only if you have to.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Mob boss
5. ___ Place, Butch Cassidy and the Sundance Kid
9. "Yabba-___-Doo!" - Fred Flintstone
14. Ms. Poehler's
15. Hammer-wielding superhero
16. Edmonton player
17. Diamond's rainy day covering
18. Regarding [abbr.]
19. Destroy
20. Winnipeg-born Olympian who is a spokesperson for Bell's Let's Talk initiative, 2 wds.
23. Comic Louis, et al.
24. Brawny blokes
25. Added benefit
27. "___ what..." (Popeye's credo)
29. Lab subj.
31. "___ where wide the golden sunlight flows..." - Richard Watson Gilder
34. Repetitive hand-washing, e.g.
36. School grounds
38. RCN rank
39. VIA vehicles: 2 wds.
42. Theatrical gadget
43. Harry Chapin's "Cat's in the ___"
44. Fitness system, ___ Bo
45. Umpire's call!



46. Jerusalem's li'l land
47. Per person/piece
49. Mr. McGregor
51. Survives
54. Good ___ (Nice person)
56. What step dancers dance to: 2 wds.

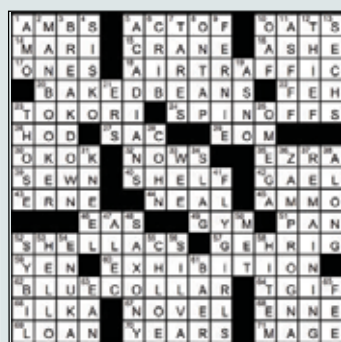
61. Cheater's date
63. Lily variety
64. Sonny's duettist
65. Currency of India
66. Tiny
67. Man, in Milan
68. Go in
69. De-gorged gum
70. Accelerated

Down

1. Outfielder's feat
2. "I Was ___ War Bride" (1949)
3. Ancient royal tombs: 3 wds.
4. Nova Scotia's provincial bird
5. Engrave
6. Archaic pronoun
7. "It's All Gone Pete ___" (2004) ... see #9-Down for more!
8. Aqueduct attribute
9. Michael ___ (London, Ont. born director)
10. Lungs' longing

11. Morrisburg ON: One of the 1860s buildings in Upper Canada Village: 2 wds.
12. 'Odelay' singer/songwriter
13. Sacred chests
21. Has ___ up one's sleeve
22. New Testament letter
26. Cabo da ___ Portugal
28. "Moon River" composer Henry
29. Asparagus piece
30. Bean ___ (Tofu)
32. Writer Ms. Ferber
33. Celtic language
34. Antonyms [abbr.]
35. "___ Mia" by Jay & The Americans
37. Dept. heads
40. Emulate Etna
41. Kingdom
48. Political meeting
50. Following
52. "I hope this doesn't ___ up now." ...said the on-schedule person
53. Boston seafood dish
54. Peut-___ (Maybe, in Montreal)
55. Green: German
57. Hydro projects
58. Tap trouble
59. Moon goddess
60. Discharge
62. Envision

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	8	2	1	3	7	4	5	9
3	1	5	6	4	9	7	8	2
9	7	4	2	5	8	6	1	3
1	3	8	7	2	4	9	6	5
4	5	9	8	1	6	3	2	7
2	6	7	5	9	3	8	4	1
7	4	1	3	6	5	2	9	8
8	2	6	9	7	1	5	3	4
5	9	3	4	8	2	1	7	6

9	1			2	3			
5			3	1				7
				6	4			
		9		8				5
	6						7	
4				3		8		
		4	8					
3				9	7			1
		2	1				8	9

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